

White Bean Stew (Fasoulia)

Suitable for Vegans and Vegetarians

Ingredients

- 3 tbsp vegetable oil
- 2 onions finely chopped
- Salt
- ½ tsp ground black pepper
- ½ tsp ground cinnamon
- 1 tsp ground allspice
- ½ tsp ground cumin
- 50g fresh coriander, leaves picked, stalks finely chopped
- 1 400g tin chopped tomatoes
- 2 400g tins cannellini beans, drained and rinsed
- 2 tbsp olive oil
- 1 lemon, zested, and juiced, to give about 3 tbsp lemon juice



Method

1. Heat the oil in a large, heavy-bottomed saucepan on a medium heat.
2. Once hot, add the onions, a level teaspoon of salt, black pepper, cinnamon, allspice, cumin and coriander stalks. Cook, stirring occasionally, for 20 minutes, until soft and dark. Make sure that the onions and spices don't get burnt.
3. When the mix is soft and sweet-smelling add the tomatoes, beans and 200ml water, bring up to a boil, then simmer for 10 minutes.
4. In a bowl, mix the olive oil, the coriander leaves, lemon zest and juice. Season the lemon oil to taste
5. To serve, divide the stew between four bowls and top with a generous spoonful of the coriander and lemon oil.

Adapted from a recipe by Meera Sodha